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**Nasal and Endoscopic Sinus Surgery- Post Operative Instructions**

- A small amount of bloody nasal drainage is expected-you may need to change the drip pad a few times the first night.
- You may see a small, clear, "plastic appearing" stent slip out of the nose before the doctor removes it, simply discard it.
- No NSAIDs for 2 weeks after surgery unless otherwise instructed by the physician.

**Call your doctor immediately if:**

- Excessive bleeding occurs or foul smelling drainage, excessive swelling or increasing pain is present.
- Temperature of greater than 101° or persistent low-grade temperature greater than 100.5° for more than 24 hours.
- A large amount of clear watery nasal drainage occurs. Severe headache, neck stiffness or change in mental status occurs.
- Swelling of eyes or change in vision occurs.

**Activity:**

No excessive exercise, heavy lifting or bending for 1 week. Sneeze or cough with your mouth open. Sleep with head elevated.

**Medications:**

**\*\*You may not drive or operate machinery while taking pain meds.\*\***

- Ponaris Nasal Emollient - 2 small drops each nostril 4 times daily
- Mupirocin – apply small amount into each nostril 2 times daily
- Perocet \_\_\_\_\_ tabs by mouth every \_\_\_\_\_ hours for pain as needed.
- Augmentin 875 mgs \_\_\_\_\_ pill every \_\_\_\_\_ hours for infection.
- Keflex 250/500 mgs \_\_\_\_\_ pill every \_\_\_\_\_ hours for infection.
- Biaxin 250/500 mgs \_\_\_\_\_ pill every \_\_\_\_\_ hours for infection.
- \_\_\_\_\_ mgs \_\_\_\_\_ pill every \_\_\_\_\_ hours for infection.
- Nasal Saline Spray 2-3 sprays in each nostril 4 to 5 times per day after packs are removed
- Afrin Nasal Spray 2 sprays in each nostril 2 times a day and if nose bleeds; discontinue in \_\_\_\_\_ days.
- Claritin/ Claritin D/ Allergra D 1 pill every \_\_\_\_\_ hours.
- Medrol Dose pack/ Prednisone Taper as directed

Only if instructed by Dr. Broker/Cramer/Swanson/Tai/Gurudutt

**INSTRUCTIONS TO PULL PACKING AT HOME:**

Tilt head backwards and apply 3 sprays of Afrin Nasal Spray into each nostril and allow packs to become moist. Wait 5 minutes and then pull black strings from nose in a fast, smooth fashion. Some bleeding is expected at this time. Again spray Afrin 3 sprays into each nostril and pinch nostrils between thumb and index finger for 10 minutes.

**\*\*Take all medications as prescribed, DO NOT cut, crush or chew unless prescribed that way or instructed by your physician. DO NOT drive or operate any machinery while taking pain medications**

**CALL THE OFFICE AT (610) 415-1100 WITH ANY PROBLEMS**

Follow up in the office \_\_\_\_\_ days / weeks with Dr. Broker / Cramer / Swanson / Nadeau

Patient Name: \_\_\_\_\_

Physician \_\_\_\_\_

**Phoenixville:** 826 Main Street, Suite 201 Phoenixville, PA 19460 **Tel:** 610-415-1100 **Fax:** 610-415-1101  
**Bryn Mawr:** 825 Old Lancaster Road, Suite 300 Bryn Mawr, PA 19010 **Tel:** 610-520-0900 **Fax:** 610-415-1101  
**Pottstown:** 5 South Sunnybrook Road, Suite 300 Pottstown, PA 19464 **Tel:** 610-326-3600 **Fax:** 610-415-1101  
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